



## One-Day Anxiety Program Training for Professionals Working With Children and Youth

<b>Dates:</b>	Thursday November 6, 2008, <u>or</u> Friday November 7, 2008
<b>Location</b>	Residence Inn by Marriott 17 Reading Court, Toronto
<b>Time:</b>	9:00 a.m. to 4:30 p.m.
<b>Cost:</b>	<u>\$330.00</u> (children's manuals, training refreshments, & lunch)  <u>\$345.00</u> (youth manuals, training, refreshments & lunch)
<b>Contact:</b>	Austin Resilience Development Inc. P.O. Box 302, North Gower, ON K0A 2T0
<b>Phone:</b>	613-692-3764
<b>E-Mail:</b>	contactus@friendsrt.com
<b>Website:</b>	www.friendsrt.com

### Become a FRIENDS Group Leader

*Attending this one-day training will certify you to implement the FRIENDS program with children or youth in your school, agency or clinic.*

Anxiety disorders are the most common form of mental health problem among children and youth today affecting approximately 1 in 10. Anxiety disorders cause a great deal of suffering and significantly disrupt the daily lives of children, youth and their families. The consequences of untreated anxiety can be serious and long-lasting.

It is therefore crucial that anxiety prevention begins early, and that education and health professionals are equipped with the knowledge and resources to help children, youth and their families develop effective strategies to deal with worry, stress and change.

**FRIENDS** helps children and youth cope with feelings of fear, worry, and depression by building resilience and self esteem and teaching cognitive, behavioural, and emotional skills in a simple, well-structured format.

FRIENDS was developed by Dr. Paula Barrett, a clinical psychologist and director of Pathways Health and Research Centre in Australia. Used in schools and clinics throughout the world, **FRIENDS is the only such program acknowledged by the World Health Organization** for its ten years of comprehensive evaluation and practice.

Recently revised, FRIENDS remains at the cutting edge of excellence. A wealth of research and practical experience in thousands of classrooms has shown that exposing anxious children to a complete 10-session FRIENDS program can reduce their risk of developing a disorder for up to six years. Children with normal levels of worry also benefit by acquiring resilience to emotional stress and improved social skills.

FRIENDS has proven effectiveness as a prevention program promoting resiliency as well as an early intervention and treatment program. Friends can be used in schools and clinics by teachers, guidance counselors, social workers, psychologists, and other qualified professionals working with children/youth.

The one day training is required to become certified to deliver FRIENDS in a group setting for either prevention or intervention.

### **How to Apply:**

- Please fill in the registration form and mail with a cheque/money order (no credit cards)
- Payment must be received no later than 2 weeks before the training date
- Registration is limited to 25 participants due to the experiential nature of the training





## One-Day Anxiety Program Training for Professionals Working With Children and Youth

<b>Date:</b>	Friday November 14, 2008
<b>Location</b>	R.A. Centre, Courtside B 2451 Riverside Dr. Ottawa, Ontario
<b>Time:</b>	9:00 a.m. to 4:30 p.m.
<b>Cost:</b>	\$330.00 (includes children's manuals, 1 day training, refreshments, & lunch)  \$345.00 (includes youth manuals, 1 day training, refreshments & lunch)
<b>Contact:</b>	Austin Resilience Development Inc. P.O. Box 302, North Gower, ON K0A 2T0
<b>Phone:</b>	613-692-3764
<b>E-Mail:</b>	contactus@friendsrt.com
<b>Website:</b>	www.friendsrt.com

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It is therefore crucial that anxiety prevention begins early, and that education and health professionals are equipped with the knowledge and resources to help children, youth and their families develop effective strategies to deal with worry, stress and change.

**FRIENDS** helps children (7 -11) and youth (12-16) cope with feelings of fear, worry, and depression by building resilience and self esteem and teaching cognitive, behavioural, and emotional skills in a simple, well-structured format.

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Austin Resilience Development Inc. is a Health and Research Centre Licensed Training Partner and the exclusive FRIENDS for Life training provider in Ontario, Quebec, the Maritimes, the NWT, the Yukon, and Nunavut.  
<http://www.pathwaysshr.com.au>

## FRIENDS One Day Group Training Registration Form

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Agency: \_\_\_\_\_

Agency Address: \_\_\_\_\_

Agency Telephone: (        ) \_\_\_\_\_ Ext: \_\_\_\_\_

Agency E-mail Address: \_\_\_\_\_

**Please register me for the following FRIENDS for Life training. Please check one:**

- Toronto     Thursday November 6, 2008, or  
                   Friday November 7, 2008
  
- Ottawa      Friday November 14, 2008

**I would like the following Friends for Life Program: Please check one:**

Friends for Children (ages 7 to 11)        or         Friends for Youth (ages 12 to 16)

**Payment:** \*FULL PAYMENT MUST BE RECEIVED WITH REGISTRATION A MINIMUM OF TWO WEEKS IN ADVANCE. REGISTRATION WILL BE CONFIRMED UPON RECEIPT OF PAYMENT.\*

We regret that we are unable to accept credit cards at this time.

Please send your registration form with a cheque/money order for  
**\$330.00** (Children's manuals/training)        or        **\$345.00** (Youth manuals/training) to:

**Austin Resilience Development  
P.O. Box 302, North Gower,  
Ontario K0A 2T0  
613-692-3764 (phone) 613-692-2605 (fax)**

**CANCELLATIONS:** Cancellations must be received in writing at Austin Resilience Development Inc two weeks prior to the workshop date. Refunds will be given, less an administration fee of \$75.00. Registrations are transferable to another qualified professional upon notification to Austin Resilience Development. Workshops may be cancelled or rescheduled if there are insufficient participant numbers. Austin Resilience Development will notify participants as soon as this decision is made and a full refund or alternative workshop date will be offered.

***Submission of this form is acknowledgment that you have read and understand the Austin Resilience Development workshop terms and conditions.***